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Cook With the Oven

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in bits, adding it gradually while stirring constantly. When smooth add the fat and the beaten egg, stirring all the while. Serve on slices of hot, buttered toast. This recipe serves four or six persons.

And these are only hints of what can be done with all these cheeses that we have at our finger-tips. So don't buy cheese and THEN decide what to do with it. Figure out what you think would be the most unique and piquant flavor, then set out to find *just* the cheese that fills the bill!

Here Are the Answers

(See inside front cover)

1. In the South. Gumbo is a rich Creole soup made of mixed vegetables, herbs, meats, poultry, shellfish, and usually okra.
2. The onion family. They are used in soups, stews and salads as a substitute for onions.
3. A Russian urn of copper or other metal, used especially in making tea.
4. A starchy food obtained from the pith of the trunks of tropical palms.
5. Long, podded red peppers, grown chiefly in Louisiana.
6. Fish that has been split, salted, dried and smoked.
7. Chopped meat mixed with herbs and condiments, and used for stuffing fowls, or for croquettes.
8. An old world legume, round like a pea, but flat and thin, varying in color from gray or yellow to brown. Used in soups and stews.
9. Clear, savory jelly made from meat, and used to decorate entrees and salads.
10. Cream soup of shellfish.

Cook With the Oven

By Dorothy Burnett

FALL days are out-of-door days and wise is the housewife who plans her meals so that she will not be tied down with indoor housework. Not only one meal, but additional dishes for succeeding meals may be prepared at one time in the oven, thus economizing on time, fuel, and effort.

Furthermore, oven cookery is healthful cookery. None of the valuable elements of food so often lost in the cooking water are lost in the oven. By using utensils with tightly fitting covers, little or no water is necessary.

One of the most important benefits of oven cookery is its economy of fuel. It costs very little more to cook a whole oven full of food than to cook only one dish.

Most oven meals are planned around the meat. After it has been chosen the housewife will pick vegetables that will be done in the length of time and at the temperature allowed for the meat. If she wishes to cook a custard with a meat that requires two to two and a half hours the custard may be put in the oven for the last hour of the cooking time.

Another economy measure of the oven meal is that the heat in the oven may be turned off, in the case of a well-insulated electric range, sometimes as much as 30 minutes before the meal is to be served. The retained heat in the oven will complete the cooking process and less electricity will be used.

And while she is preparing one meal, additional dishes for the next meal also may be prepared. Potatoes for salad or creamed potatoes may be cooked, dried fruit may be stewed, or the biscuit part of a shortcake may be baked.

With a meal in the oven and the heat adjusted, the housewife may go about her other work. She need stop only a few minutes before she wishes to serve dinner to set the table and take up the food.

The following are suggested menus for a meal of this type:

Macaroni and cheese, baked onions, apple and celery salad, and mincemeat pudding.

Breaded veal chops, au gratin potatoes, baked new beets, fruit shortcake.

Baked lima beans with crisp bacon, tomato salad, and apple pie.

Margaret Marco

(Continued from page 5)

the women of Iowa State College elected her president of the Y. W. C. A.

In fact, Margaret is so modest about her many honors that it is only because they are so well-known on the campus that I am able to record them here. She is a member of Mortar Board, senior women's honorary, and of Phi Upsilon Omicron and Omicron Nu, home economics honoraries. Last year she served as secretary of the Home Economics Club. As a sophomore she received a scholarship which entitled her to attend the Y. W. C. A. camp at Geneva during the summer.

By virtue of her position as president of the Y. W. C. A., Margaret is a member of the Cardinal Guild, student governing body, and of the Women's Self Governing Association. She was one of the prominent college women selected to serve this year as Campus Keys, assisting the Campus Sister Chief in looking out for freshman girls. Margaret is affiliated with Chi Omega, national social sorority.

The speech she made at the Honors Day Banquet last spring was enthusiastically commented upon by the most learned professors and the "greenest"

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